



Central District Health Department has an ongoing initiative to reduce consumption of sugar-sweetened beverages in our service area.

What is the problem?

Locally, two of three adults and one of three children are overweight or obese. 20% of weight increase in the U.S. between 1977 and 2007 is attributed to sugar-sweetened beverages. [1]

What is a sugar-sweetened beverage?

A sugar-sweetened beverage is a drink with sugar added.

Sugar has many names. To find out if a drink has added sugar, look for any of these words on the list of ingredients: sugar, high-fructose corn syrup, brown sugar, corn sweetener, corn syrup, dextrose, fruit juice concentrates, glucose, honey, invert sugar, molasses, sucrose, or sugar cane.

Why does it matter?

Americans now consume 200 to 300 more calories each day than 30 years ago, nearly half (48%) of these excess calories come from sugar-sweetened beverages. [2]

Consumption of sugar-sweetened beverages is associated with obesity, diabetes, elevated triglycerides, cardiovascular disease, and contributes to tooth decay.

What should be done?

Schools, day cares, government, medical facilities and worksites should work toward the adoption of local policies that eliminate access to sugar-sweetened beverages in areas such as cafeterias and vending machines, and at meetings and events.

It takes the average person **46 minutes** of walking to burn off a 20 oz. soda [3]

[1] Institutes of Medicine

[2] National Health and Nutrition Examination Survey (NHANES) 2007-2008

[3] Mayo Clinic

*Be a role model! Provide only low calorie beverages such as water or unsweetened tea and low-fat milk.*

Click on these documents for more information and to get started today!

[Rethink Your Drink Brochure](#) [Why Policy?](#) [Sample Policy Sheet](#) [Frequently Asked Questions](#)